

DELIVERING SO MUCH MORE THAN JUST A MEAL IN OKLAHOMA

OKLAHOMA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	857,971 (22%)	Rank: 38 th in U.S.
Seniors threatened by hunger (marginally food insecure)	220,499 (26%)	Rank: 1 st in U.S.
Seniors at risk of hunger (food insecure)	77,217 (9%)	Rank: 11 th in U.S.
Seniors facing hunger (very low food secure)	27,455 (3%)	Rank: 18 th in U.S.
State ranking for risk of social isolation ²	10 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	6%	Hispanic or Latino	3%	Native American/Alaskan or Hawaiian/Pacific Islander	5%
Seniors self-reporting "fair to poor" health	30%	Seniors with a disability	38%		
Seniors living alone	26%	Seniors living below the poverty line	10%		
Seniors who lack income to pay for basic living needs	Singles: 49%		Couples: 23%		

INADEQUATE NUTRITION AND LIMITED SOCIAL CONTACT HAVE HEALTH CONSEQUENCES THAT AFFECT INDIVIDUALS, OUR HEALTHCARE SYSTEM AND THE ECONOMY

Seniors experiencing falls with injury	12%	Preventable hospitalizations ³	47 per 1,000
Hospital readmissions within 30 days ³	16%	Total Medicare spending (in billions)	\$6.94

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN OKLAHOMA ARE DELIVERING NUTRITIOUS MEALS, FRIENDLY VISITS AND SAFETY CHECKS TO SENIORS AT RISK OF HUNGER AND ISOLATION

	Title III-C Nutrition Program		Title VI Grants for Native Americans	
	Seniors served	Meals served	Seniors served	Meals served
Congregate meals	13,976	1,204,371	20,521	734,312
Home-delivered meals	8,657	1,235,355	3,847	393,086
Total	22,633	2,439,726	24,368	1,127,398

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	51%	Live below the poverty line	43%
Live in a rural area	57%	Women	62%
Black or African American	9%	Hispanic or Latino	2%
		Native American or Hawaiian/Pacific Islander	7%

FUNDING FOR THESE PROGRAMS VARIES BASED ON THE NEEDS AND RESOURCES OF THE COMMUNITY, AND ARE MADE UP OF FEDERAL, STATE, LOCAL AND PRIVATE DOLLARS

	Congregate meals	Home-delivered meals	Total
OAA Title III expenditures	\$5,174,546	\$3,240,684	\$8,415,230 (50%)
Total expenditures	\$10,060,095	\$6,618,674	\$16,678,769

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN OKLAHOMA CAN REMAIN HEALTHIER AT HOME, AVOIDING MORE COSTLY HEALTHCARE FACILITIES

Cost of 1 home-delivered / congregate meal ⁵	Cost of 1 day in a hospital	Cost of 1 day in a nursing home
\$9.84 / \$8.85	\$1,971	\$160

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

Notes: ¹ Senior population and hunger: lower number ranking = higher percent; ² Social isolation: lower number ranking = higher isolation risk; ³ Among Medicare beneficiaries of all ages; ⁴ Includes Title III registered services not limited to meals; ⁵ Inflation-adjusted regional average

